



## **POST-OP INSTRUCTIONS for PEDIATRIC DENTAL TREATMENT**

### **Sealants**

Dental sealants form a thin, protective layer over the grooves and pits of the teeth to prevent the development of tooth decay. When paired with good at-home oral hygiene, this can significantly reduce the risk of cavities.

The bite may feel "high" or prevent the back teeth from fully coming together. This feeling will go away over the next 1-2 days.

A sour taste may be present for a few minute after sealant application. A flavored drink can help.

Avoid hard/crunchy foods as they can chip sealants. Your child's sealants will be checked at all your child's check-ups.

### **Numbness**

Numbness will fully wear off in 1-4 hours after treatment. Assure your child that the area is "asleep" and will "wake-up" in a little while.

Do NOT let your child pinch, scratch, suck, bite, or chew on the lip, tongue, or cheek where dental work was done. A self-inflicted injury is the most common after-treatment complication, and can be serious. An injured cheek, lip, or tongue will appear red and raw. Swelling will occur and later will appear yellowish.

Avoid eating until normal feeling has returned when possible. If your child needs to eat, a soft diet is recommended until the anesthetic has worn off. Smoothies, scrambled eggs, yogurt, and pasta are some examples of "safe" foods while numb. Please instruct your child to chew on the opposite side if they're able to.

### **Composite Fillings**

*If your child is numb, please follow the post-op instructions for numbness.*

The bite may feel "high" for 1-2 days. If it continues to prevent the back teeth from touching completely, the filling may need an adjustment at the office.

Hot/cold sensitivity is not uncommon for a new filling, especially if the cavity was large. Sensitivity will improve with time. However, if the sensitivity is severe or does not go away in 1-2 weeks additional treatment may be needed

Avoid sticky or hard/crunchy foods as they can dislodge or chip fillings. Limiting dark colored foods and drinks may prevent staining and discoloration of the filling material

Gum soreness and bleeding is normal after dental work for 2-3 days. The gums around the tooth may be irritated for several days and may even bleed when brushing. Continue brushing and flossing as usual to help the tissue heal faster and stay healthy. For gum discomfort, use a warm salt water rinse 2-3 times per day (1 teaspoon of salt in 1 cup of warm water).

General sensitivity & Muscle tightness or tenderness can occur following treatment. Use Children's Tylenol, Advil or Motrin as directed to manage any tooth sensitivity and/or muscle soreness.

### **Stainless Steel Crowns & Space Maintainers**

*If your child is numb, please follow the post-op instructions for numbness.*

Do NOT let your child pick or pull at the crown or spacer as it can come off. Adjusting or “getting use to” the crown or spacer can take several days.

Avoid sticky or hard/crunchy foods such as gum, nuts, caramels, suckers, and Starbursts for the life of the crown or spacer. Although it is cemented on to the tooth, sticky foods can dislodge, loosen, or remove the crown or spacer.

Gums soreness and bleeding is normal after dental work for 2-3 days. The gums around the tooth may be irritated for several days and may even bleed when brushing. Continue brushing and flossing as usual to help the tissue heal faster and stay healthy. For gum discomfort, use a warm salt water rinse 2-3 times per day (1 teaspoon of salt in 1 cup of warm water).

General sensitivity & Muscle tightness or tenderness can occur following treatment. Use Children's Tylenol, Advil or Motrin as directed to manage any tooth sensitivity and/or muscle soreness.

**If the crown or space maintainer becomes loose or falls out, please keep it and contact the office ASAP to have it recemented.**

## Extractions

*Please follow the post-op instructions for numbness.*

Gauze should remain in place with firm biting pressure. This will reduce the amount of bleeding and help prevent your child from accidentally biting themselves. Bleeding is normal for 30-45 minutes after treatment. When you remove the gauze it will be soiled; this does not mean your child is bleeding. Often the blood clot will mix with saliva and appear as excessive bleeding. A small amount of oozing is normal for the rest of the day.

Limit physical activity for the next 24 hours to prevent bleeding from starting again.

Do NOT let your child spit or vigorously rinse for 24 hours, as this will prolong the bleeding.

Do NOT use sippy cups, bottles, or straws for 2-3 days after the procedure as this may disturb the healing clot and possibly cause infection.

Keep fingers and tongue away from the extraction site.

Avoid salty, acidic, spicy, crunchy foods and carbonated drinks for the first 24 hours. Encourage your child to drink a lot of fluids. Return to normal diet as is comfortable for your child.

Swelling is rare in children following routine extractions. If swelling does occur, the application of an ice pack over the swollen area will be helpful (15 minutes on and 15 minutes off, as needed in the first 24 hours following tooth removal).

Gums soreness and bleeding is normal after dental work for 2-3 days. The gums around the tooth may be irritated for several days and may even bleed when brushing. Continue brushing and flossing as usual to help the tissue heal faster and stay healthy. For gum discomfort, use a warm salt water rinse 2-3 times per day (1 teaspoon of salt in 1 cup of warm water).

Muscle tightness or tenderness can occur following treatment after being open for an extended period of time. Use Children's Tylenol, Advil or Motrin as directed for general soreness or sensitivity.

**Before the numbness wears off, it's a good idea to give your child the appropriate dose of children's Tylenol, Advil, or Motrin, but do not give them aspirin. Your child should only need pain medication for approximately 12 to 24 hours.**

**IF YOU ARE CONCERNED, WE ARE CONCERNED  
PLEASE CALL THE OFFICE WITH ANY QUESTIONS AT (972) 371-0616**